Chicken and Broccoli Stir Fry - CACFP

General Information

Recipe #
1974206

Category
Lunch Entree

Source
Local

Ingredients

Name	Quantity	Quantity + 2
Peppers, sweet, red, raw	4 ⅞ oz.	
Carrots, raw	4 ⅓ oz.	
Chicken Diced, 1/2", White Meat, Low Sodium, 2M, 59/2.7oz, 10#, Tyson, 10241600928	7 ¼ oz.	
Broccoli, raw	3 oz.	
Vegetable oil, palm kernel	¾ tsp.	
Garlic, raw	⅜ tsp.	
📄 **Asian Sauce - CACFP**	¾ oz.	
Vegetable oil, palm kernel	< ⅛ tsp.	
Garlic, raw	⅛ tsp.	
Ginger root, raw	¼ tsp.	
Spices, pepper, red or cayenne	< ⅛ tsp.	
Sauce, hoisin, ready-to-serve	¼ tsp.	
Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	1 tbsp., ½ tsp.	
Honey	⅛ tsp.	
Lime juice, raw	½ tsp.	
Vinegar, distilled	½ tsp.	
Cornstarch	¼ tsp.	
Beverages, water, tap, drinking	1 tsp.	

Preparation Instructions

HACCP Process: #3 - Complex Food Preparation

1. In a large pan, heat oil on medium heat. Saute carrots for 2-3 minutes. Add peppers and saute a few minutes more.
2. Add Asian Sauce recipe (3oz) and mix in.
3. Add chicken to skillet and warm throughout.
4. Add broccoli and garlic and saute until tender. Hold for hot service.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

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Serving Size
½ Cup

Yield
6.00

Nutrition Facts

Serving Size ½ Cup (96 gm)

Amount Per Serving

Calories	**76.594**

	% Daily Value*
Total Fat 2.376 gm	**3.656%**
Saturated Fat 0.908 gm	**4.54%**
Trans Fat 0.000* gm	
Cholesterol 20.254 mg	**6.751%**
Sodium 151.875 mg	**6.328%**
Total Carbohydrate 5.411 gm	**1.804%**
Dietary Fiber 1.425 gm	**5.701%**
Total Sugars 2.470 gm	
Includes 0.104 * gm of Added Sugars	
Protein 8.752 gm	**17.505%**
Vitamin A 210.450* mcg RAE	**23.383%**
Vitamin C 42.494* mg	**70.823%**
Vitamin D 0.000 mcg	
Calcium 19.663 mg	**1.966%**
Iron 0.683 mg	**3.796%**
Potassium 441.833 mg	**9.401%**
Saturated Fat % of Calories	**10.670 %**
Added Sugar % of Calories	**0.545 %**

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz

Place product in a single layer on a clean pan.

Preheat oven.

Place in oven and bake.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

Dates

Last Updated
01-04-2026

Created
09-15-2025

Dark Green	0.125 cups
Red/Orange	0.25 cups

Added Sugar Limitations ⓘ

Not applicable.

Vendors

Tyson Foods, Inc. 🏬

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